



The Sole Breakfast Drink

GOOD COFFEE creates and retains strength and energy! It is of first importance to the system at breakfast—when the stomach has been empty for some time—when the system lacks the elements to build muscle and create energy.

For when taken into an empty stomach, the good coffee properties that feed the nerves, brain and system generally, evidence their presence almost immediately.

And because good coffee contains none of the properties usually characteristic of poorly cultivated "green" or improperly roasted coffee—the harsh biting acids—it does not injure the stomach in the slightest degree. Instead, it calls forth an additional supply of the gastric juices—warms the stomach, drawing the necessary blood to properly absorb the nourishing properties of food—and helps good digestion.

A splendid way to start the day right, with good fellowship towards oneself and all the world—to give one self-control and poise—is to drink a piping hot cup of

Chase & Sanborn's

Seal Brand Coffee

Certified Coffee

This select coffee—the best grown in the world, is rich in the elements that create healthy stimulation of the nerve centers and brain—that assist the digestion and absorption of food, and that build up strength and energy.

It is also a most delicious beverage—a delight to the connoisseur who appreciates that rich, mellow, creamy taste and fragrant odor.

Nothing can take its place as a breakfast beverage. Seal Brand Coffee is absolutely free of dried wheat middlings or any adulteration whatever.

Sealed in air-tight tins. Sold at 35c the pound.

We have several other brands of coffees that are as carefully selected, cured and put up as Seal Brand Coffee. Their retail prices are 25c, 30c and 35c the pound. At all reputable grocers.

Catalogs, Floor Booklets and photo-type composition, Specialties.

By Beatrice Fairfax

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By the time these dear friends got through with her she had hardly a shred of character left.

They criticized her manners, her clothes, her housekeeping, her husband, her children, everything they could lay their venomous tongues to.

And yet they persisted in calling themselves her friends and incidentally let drop that they expected to meet at her house that very afternoon and play bride.

"The funny part of it was that I hardly think both those women con-

Let your new friends see that you
at least are above it.
If you have nothing nice to say just
ep quiet.
And don't let scandal go uncontrasted
if you know it to be untrue.
By not denying it you would be
tactically agreeing to it.
Don't be a hypocrite. all smooth to
your friend's face and false behind her
back.
Treat your friends as you would
have them treat you, and you can't go
very far astray.

Men Trailing Along a Year Behind the Women

By Ella Wheeler Wilcox

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I know of a man who never speaks to his wife. He is a middle class, successful methodical business man. His exacting motherhood became so exacting that he cannot afford to support more children. I know of scores of men who have been so completely dominated during this period when women require more tenderness and care than a child, that they have become tyrants. The angry or resentful workman might impair the stability of a house as much as the tyrant.

By Beatrice Fairfax

care enough for her to explain matters write her and tell her the whole thing and say that you feel she has not treated you fairly. If she is generous she will see your side of it and will accept the explanation and things will be all right again.

By the Professor

DEAR PROFESSOR: I am much thinner than I wish to be. I want to be plump, so please tell me what diet to follow to make

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DEAR PROFESSOR:
I am much thinner than I wish to be. I want to be plump, so please tell me what diet to follow to make

JACK HARKA

Alway's and various other publications encourage the laying on of fat. Eat more according to your appetite and taste. Drink water freely.

ALWAY'S SON

Almost Lost

And then what?" said Benton, fearfully.
"And now," said Jack, "if I only got time, I will wreck that pump."
He was quick and deft about his work. There was little time and every moment meant life or death.
He knew that the cylinder must be in the pump station.
Outside he could hear the step of the engineer, and the sound of hissing steam driven

"Well, in the first place, I'm going to inquire what right you have to smash our machinery, and if you don't explain good and proper the think here will probably aw and quarter you."

Cash Prize Every Day for Best Hints
and Suggestions on What to Buy
and What to Make.

this means ideas will be exchanged; you will aid others and you will be aided yourself. And you may win a \$2 prize.

Here are a few of the letters received by Santa Claus this morning:

BURN THE GIFTS

I shall make my mother's gift at home
 than any money can buy.
 OLIVE C. O'NEIL
 No. 23 London street, East Boston.

MAKE NEAT BUNDLES

HERE are a few suggestions that may
 help some of your readers:

Then handkerchiefs and ties are also acceptable.

to be made of a
rattle, or picture book; for baby brot
worsted reins, or stocking cap.
ANNIE L. ROGER
No. 55 School street, Quincy.

LIKE A WHOLE BAND

MY suggestions for Christmas gifts
commence with dear old grandma,
will receive the latest book, a nice box

Yesterday's Prize Winner

Nos. 2,010 and 2,011.

SIZ.....

NAME.....

and think that the boilers were already fired. Quickly he dropped one of the bombs fully seven feet high, right behind the en-

WORLD suggest that the best way to make it follow go the farthest right hand side of the boiler.

Father, a year's subscription for some paper magazine that he likes very much. Christy, a chocolate and a mug of

candy and a bouquet of flowers, for grandpa and a pipe and a mug of tobacco, glass to

ADDRESS: _____

and heaved out of the chamber of death. The plunger started while he was gliecer, holding in each hand a suboooter. TO BE CONTINUED.

You can buy a good pyrography for two dollars, or two and a half. outfit every mother is fond of china. Then Sister, a cozy corner for her doll or auld his sight, which is failing. For mamma an ice cream set, which she

WILLIAM RANDOLPH HEARST

50 AND 52 SUMNER ST., BOSTON, DECEMBER 12, 1905.

The Boys and the Tar-Barrel Bonfire

A Little Sermon on Sacrifice, from Real Life

Over in East Boston, where there are vacant blocks and bonfires are possible, some boys heaped a pile of rubbish on a tar barrel, lit it with a match and stood watching it burn with grave pleasure.

Have you ever noticed how serious little boys are when any great enterprise of play is going on? There was not a smile on one small face, not a chuckle or peal of laughter to be heard.

With patient labor and much pains they had accumulated the material for the bonfire. Now that it was an accomplished fact, they regarded it with the same thoughtful pride displayed by an engineer who is gazing at a newly finished bridge, or a sculptor looking proudly at his completed statue.

As the fire was at its height, and the delightful black smoke was rolling heavily from the points of the dancing red flames, a withered old Italian woman, balancing a load of lumber on her head, and followed by a thin-legged little girl, passed along the sidewalk.

The old woman stopped, and a look of sorrow crossed her wrinkled face as she saw all the good fuel turning into smoke.

But the little girl's face expressed no sorrow. Regarding boys as her natural enemies, she looked at this particular group of them as if they were incendiaries.

Presently, dropping the few sticks she had gathered, she ran among them, raising her thin little voice to a scream, cried:

"Stop it! Stop it! We need it to keep the freeze away."

The boys were first astonished; then indignant.

They were about to drive the child away, when one of them saw the mother, still bearing the heavy load on her head, looking at the fire from the sidewalk.

"They need it worse than we do, fellows," he said, and, walking up to the fire, he began pulling out the sticks that he could reach.

Then the other boys followed his example, and soon all that was left of the blazing bonfire was the smoldering remains of the tar barrel, while the little girl quickly gathered up the rescued fuel and bore it triumphantly away.

You do not need to go to East Boston to see old women and children staggering along under loads of firewood they have collected by hours of patient labor.

On the streets of the North End, on Hanover street, even on Boylston street and Massachusetts avenue, they plod along, trying to care for their children through the Winter in defiance of men who say that the coal fields were given to them and their kind by Divine Providence.

Wherever new buildings are going on, they are out, early and late, thankful to the carpenters who allow them to pry away the useless scraps and odds and ends that would have to be carted away.

On your way to your work in the morning, or to the theatre at night, they pass you—the gray old heads bent beneath unwieldy piles of boards, the eyes bent down on the ground, and the minds busy with problems of self-preservation IN A LAND OF PLENTY.

We need not make any moral for this story. Self-sacrifice is beautiful always. It is doubly beautiful when its object is to help the poor and unfortunate.

And the little boys who gave up their bonfire to supply a little more fuel for the little girl and her mother made more real sacrifices than John D. Rockefeller does when he gives away the millions he doesn't need, and from which he cannot even gain an extra few hours of pleasure.

Lessons in Municipal Ownership

XXXIII.

Watered Stock and Inflated Capital

By Prof. Frank Parsons

PUBLIC PLANT does not water or inflate its capital.

A private monopoly usually waters its investments as well as its assets, and is often puffed out with wind, or more generally, by the use of inflated capital.

On your way to your work in the morning, or to the theatre at night, they pass you—the gray old heads bent beneath unwieldy piles of boards, the eyes bent down on the ground, and the minds busy with problems of self-preservation IN A LAND OF PLENTY.

The capitalization of the city of Boston has been known to rise as high as \$40 per cent. of the actual investment, and twenty times the actual investment, and twenty-eight times the fair value of the plant.

The water in the stock values of the Philadelphia street railways was estimated a few years ago at 1 to 1.5, and some of the component lines much more. For the Thirteenth and Fifteenth street lines, it reached out to 10, considering the relation between stock values and amounts paid in 10 to 1 for the Bridge avenue; 18 to 1 for the Citizens, etc.

In Chicago the Illinois Labor Bureau found that the stock of some of the street railways was all water—that is, to say, the bonds fully covered the cost of the plant. For example, the Chicago & Jefferson, \$1,600,000 all water; Chicago Electric Transit, \$1,500,000, all water; the North Chicago Electric, \$2,500,000, all water; Chicago & Provision, \$2,500,000, all water.

It is very difficult with utilities that are owned by the people. The Richmond gas works paid for themselves long ago. Professor Benson says, "The Jacksonville electric works in the first years saved the people in reducing the cost and profits from commercial public lighting more than the whole cost of the plant."

Things are better now, but our gas capital, including the share of the city, exceeds by several hundred per cent. the proper gas capitalization for this and the cost of building a new plant for the 2,500,000,000 feet of Conduited output.

Some people may think it perfectly natural that gas capital should be so inflated, and it seems to be so in many American cities, but under municipal management here and abroad no inflated capital has occurred.

And where, as in England, the Government has a strong grip on the monopolies, and the public ownership movement is vigorous enough to make the companies behave themselves for fear of benevolent assimilation, there is comparatively little excess capitalization, and practically no "watered" stock even in the big public works.

The methods of injecting water into corporate capital are various. One of the most effective is the construction of a dummy company, the shares of which are sold to the public at a price far in excess of their real value.

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AREN'T MEN THE WRETCHES?

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1—MR. SNOOKS—John, mother wishes you to go with her to the dentist to have a tooth pulled. MR. SNOOKS (aside)—Heavens, what a job! I MUST get out of THIS somehow.



2—MR. SNOOKS—Oh, joy! Oh, joy! Now I'll get even. Did ever a man have such a chance of his mother-in-law? Oh, to see that dentist get his blood-curdling forceps out! To see that cruel, cruel-looking nurse in his hands!

3—MR. SNOOKS—And when he gets that fearful grip on her tooth. Ah! And to hear that long, grinding, twisting, crunching pull. To see—

4—MR. SNOOKS—John snooks! You BRUTE! You MONSTER! You shall NOT go with mother. No, not if you please on your bedded knees. NO! NO! No! I shall go with her myself. Do you understand? You shall NOT go.

RHYMO THE MONK

Copyright, 1905, by American Journal Company

I WENT UP TO MADISON SQ. LAST NIGHT TO SEE THE SIX DAY GRIND. THEY CANNOT GO I-2-3 TO WHAT I DID, I FIND!

WE USED TO GO THE RACE ALONE WHEN I WAS IN MY PRIME, AND I JUST COPPED THE PRIZES OFF, MANY AND MANY A TIME!

THEY ALL BECAME AFRAID OF ME— THEY COULD NOT KEEP MY PACE— THEY DARED NOT ENTER IN THE GRIND WHEN I SIGNED IN THE RACE!

When He Was Young He Was the Best of Six Day Racers, East or West

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A Problem as Old as Human History

By Rev. Thomas B. Gregory

FROM a pretty little Vermont and so, in all likelihood, it will be to town there has come to this the end.

But let us not rashly jump at any office the following pathetic letter, which I am going to try to answer to the best of my knowledge.

Dear Sir—Will you please answer a question for me? My father had, all his life through, three things: a loving heart and a clean life. He tried to uplift men by kindness and sympathy. His words were backed by deeds. If his money he freely gave to all the unfortunate who came his way.

And yet the mystery of it? He had to suffer untold trouble, and died at the age of a broken heart, owing to the poverty of his own breast blood. Why, then, did he not allow him to suffer in this manner?

The problem presented in this daughter's letter is as old as human history. It is the basis of that grand old drama, the Book of Job, and long before even Job's time men and women were racking their brains over the question, "Why should the good suffer?"

From the viewpoint point of reason and sentiment it would look as though the man whose heart is kind and whose life is clean ought to be permitted to live happily and die in peace.

With such idea there would seem to be nothing at all the matter. If it is not a just and right idea, there never was one in the world.

And yet nothing is truer than the fact that from the very beginning of the world, the just and the good have suffered, drinking the cup of sorrow, and in many instances, to the bitter end, suffering the crown and glory of exaltation.

Socrates drank the hemlock, while meek men in Athens looked on in awe and admiration. He was not the only one who has suffered for his principles. In the Green Mountain State many find suffering in the sunshine of the help her, and to cause her to feel just a little less consolation for the memory of her noble old father.

And so it has been from the start—

Thus time do shift—each thing his turn does hold; New things succeed as former things grow old.

ROBERT HERRICK.

Thus time do shift—each thing his turn does hold; New things succeed as former things grow old.

ROBERT HERRICK.

Concerning Chauncey

By James J. Montague

UTOH Alexander: "Shall I quit? Shall I receive the frozen mitt from my directors? Not a bit!"

"I'll keep my job," said Jimmy Hyde; "I'm quite serenely satisfied. To linger placidly inside."

And Chauncey said: "Me, too."

"But," he replied; "I shall say, 'and have to earn my daily bread.' Well, not unless I should drop dead!"

"Me, neither," said Depeze.

Said Perkins: "Shall I travel? What? Give up the snap that I have got? Well, I think not."

And Chauncey said: "Me, too."

But Alexander changed his mind, and Jimmy Hyde ere long resigned—McCurdy wasn't far behind.

But Chauncey stuck like glue.

Till Perkins said: "I guess I'll go—this grafting talk annoys me so; I'd hate to be kicked out, you know."

And Chauncey said: "Me, too."

Ah! Pleasant days! If only Platt could hear somebody murmur, "Rent!"

And he was persuaded fully that the thing he ought to do

Is hasten to some far-off shore, to stay a hundred years or more.

How eagerly we listen for

Old Chauncey's soft: "Me, too."

Now is the time to join.

Sign this today and take part in the great popular movement which is sweeping the country.

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